

Eastern Wake & Northern Wake Senior Centers

June Newsletter



2020

SPECIAL EDITION

Message to our Members



Northern Wake
Mike Hardee
Program Coordinator

Over the last six weeks we have greatly increased our digital footprint to try and connect with as many members as we can and provide ways for you to connect with each other. We can't wait to let you back in the building and get our programs back to normal. It felt like we were just hitting our stride when we had to push pause, but in your absence we have been very busy. We have taken this time to put together a member email list so that we can send out information. If you have an email account and haven't been getting email check with the staff so we can update our record. We have boosted the level of content on our Facebook page and have been doing live daily updates, if you are on Facebook please like and follow our page. We have started a YouTube channel and posted several videos related to programs at the center. We hope you have enjoyed what we have been able to put out both in videos and Facebook posts. We would love your feedback and ideas for content. (contact info below)

Going forward as we move past the pandemic we hope to continue to produce video content for our YouTube channel so we can continue to reach those older adults that can't make it to the center, whether due to mobility issues or work obligations or any other reason. We plan to continue doing live events on Facebook to update members on what is happening at the NWSC, but will cut back from daily to weekly. Once members are allowed back in the building we want members to contribute to both of these efforts by taking part in recording videos and inviting individuals to join us on a live session.

This event has shown us once again how lucky we are to be a part of Resources for Seniors and how much support we get from the rest of the agency and the resources that we have at our fingertips that we can pass on to our members. If there is ever anything you need or a service you need information about, ask us! (contact info below) If we can't direct in the right direction, we can help get you an answer.



Northern & Eastern Wake
Jennie Griggs
Program Director

We are still here! As promised since March 15, we have been providing many of our traditional onsite programs through virtual platforms. It is our intention to continue to do so and build a library of information with timeless accessibility for you through technology. Yes, as with generations throughout history, it seems that growth occurs as a result of creative ideas necessitated by tragic situations. Raymond Linquist so eloquently stated, "Courage is the power to let go of the familiar." Now is a great time for all of us to have the courage and desire to change numerous thoughts, habits, and rituals regardless of our age. Yes we may have to learn how to do things differently but remember cognitive training is advised in later life.

For many years all of the Senior Center's calendars and communications have been provided on paper. This is a perfect time for us to practice courage and do something different, and we are. Beginning this month, your senior center staff members are happy to say that we have and continue to update our files with your emails and will be communicating in that fashion unless you do not have access to a device to receive emails or desire to opt out of our email database. If either of those is the case, please let us know. In the past four weeks, thanks to the leadership of Mike Hardee, program coordinator Northern Wake Forest Senior Center, the rest of the team, teachers and quest "Heroes" who you will be introduced to today and in future publications, **we have successfully produced some great content for your engagement.**



Eastern Wake
Norma Ferrell
Program Coordinator

We are here! Thanks to Resources for Seniors, team members, volunteers, and partners in the community. We are helping meet your needs. Rosetta and I are here to communicate with you by phone or email and offer support to our members and the community. (contact info below)

Live, Love, Laugh! These strong words remind me of our members, community, and Resources for Seniors Team. We are all adapting to a new way of living. Our expressions of love start with ourselves as we stay home and rest and renew our mind, body, and spirit. Engaging phone conversations and sharing our stories keep us laughing. Call your family and friends!

Challenge yourself to learn something new every day. The Northern Wake Senior Center produced videos for learning, creative inspiration, and exercise. Please see the list of classes, events, and videos described in this newsletter. We are here to help you register to participate. Please give us a call at Eastern Wake Senior Center 919-365-4248 or Northern Wake Senior Center 919-554-4111.



Rosetta Mock
Program Assistant

Hello fellow seniors! Our weather has been so amazing, I have enjoyed every weekend in my yard, getting all my flower beds clean, bigger and mulched. The sun feels so healing in these sometimes fretful times when we are confused about what to do next. Please keep in mind you are not alone, we are all in this together. Please enjoy the videos on our YouTube channel, *NW & EW Senior Centers*. Now is a great time to learn new exercises and hobbies to share with your loved ones. I'm looking forward to beginning all new when we get to open our doors at our Eastern Wake Senior Center again! Stay healthy and safe! Miss y'all!

A Special Thank You

We would like to thank the following organizations for their support during this trying time.

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|---------------------------------|--|
| Knights of Columbus | Donated food and supplies, raised over \$5000 to support the seniors of Wake County. |
| Bridging the Gap | Provided hot meals and food for seniors. |
| St. Catherine's Catholic Church | Donated food and supplies |
| Katie at PetCo | Pet Food donations |
| Bryce at Pet Mania | Pet Food Donations |
| Individuals like You | Donated supplies and volunteered to assist Seniors |

A "Virtual" Senior Center

During this time apart, we have had to discover new ways to provide services and programming to our members. We have had an established Facebook Page for both centers, thanks to volunteers that have provided content for the last few years. We have really stepped up



those efforts. If you are on Facebook and not following your senior center's page you are missing out. If you are not on Facebook and want to get started, contact us and we will connect you with a high school student that will help you with starting an account. We have been videoing programs and started a YouTube channel for both senior centers to share. We have posted educational, craft, fitness and devotional programs. You just have to go to www.youtube.com and search for *NW & EW Senior Centers* to get to our channel. You should watch Rosetta's Jewelry making video it is really good. We have been video conferencing with our members. Gaylord has kept up his art classes and has learned a lot about technology and Facebook himself. We have hosted group discussions on senior issues and supported other Resources for Seniors programs with their efforts to reach their clients through Zoom meetings. The NWSC building has felt more like a TV studio lately than a senior center. Instead of setting up for classes, we have been setting up to shoot video. We have utilized just about every means of communications technology we can think of to reach as many of our members as we can. Numerous phone calls, emails and lots of replying to comments and messages on Facebook. Live videos each day to update everyone on what senior centers has been very



Jason Burgess records a devotional video

staff, both within the senior centers and Resources for Seniors as a conquer nerves and fears of being on camera. Hopefully, each of us in some way since the build has closed. If not we are sorry and well. Call us at the senior center or send us an email (contact info below), and we can catch up.



Gaylord teaches art class through Zoom



from the senior center, has happened at the successful. Many of our whole have had to you have heard from hope you are doing

Weekly Online Schedule

Monday	11:00	Beginning Drawing (Zoom)
Tuesday	9:30	Watercolors (Zoom)
Tuesday	1:00	Acrylics (Zoom)
Thursday	11:00	Line Dancing with Ronnie (Zoom)
Daily	3:30	Live Facebook Update (Facebook)

****To register for any of the Zoom meetings email nwscordinator@rfsnc.org and we will reply with an invite for the session****

YouTube Channel: [NW & EW Senior Centers](#)

Spotlighted videos:

Fitness Videos:

- [Linda's towel workout](#)
- [Cabin Fever Strength Training 1](#)

Two great workouts with Instructor Linda Thomas.

Devotional Videos:

- [Share the WORD](#)
- Series with Jason Burgess, New episode posts each week.

Craft Videos:

- [Jewelry Making Ep 01](#)
- Program Assistant Rosetta Mock shows us some jewelry making skills.

Educational Videos:

- [Mental Health and Isolation](#)
- Dr. Lauren Deer, DMin talks about techniques to help us deal with isolation.

Medicare & Tele-health

Susan McGuire answers the question, "What is Tele-health?" and explains how it works with Medicare.

Northern Wake Senior Center

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